



# in the Kitchen

With barb agee ~ JULY 2017

## one COOL cucumber

Want to be "cool as a cucumber" this summer? Try the many varieties of these crisp cucumbers as refreshing additions to a wide range of dishes from appetizers to main courses.



### Baby Bok Choy and Cucumber Salad

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|-------------------------------------|--|
| 1 teaspoon toasted sesame seed oil  | ½ cup red bell pepper, thinly sliced                             |
| 1 tablespoon vegetable oil          | 1 cup snow peas, thinly sliced                                   |
| 1 teaspoon rice vinegar             | ½ cup green onion, thinly sliced on the diagonal                 |
| 1 teaspoon reduced sodium soy sauce | 1 cup Persian cucumber, cut in half lengthwise and thinly sliced |
| 1 teaspoon garlic, minced           | 2 tablespoons fresh cilantro leaves                              |
| 2 cups baby bok choy, thinly sliced |  |

In a medium bowl, whisk together the sesame seed oil, vegetable oil, rice vinegar, soy sauce and minced garlic. In a separate bowl, toss together the baby bok choy, red bell pepper, snow peas, green onion and cucumber. Drizzle the sesame seed oil dressing over the vegetables and toss again. Garnish with the cilantro leaves. *Serves 4 (serving size about 1 cup)*

### Grilled Cucumbers and Japanese Eggplant

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|-------------------------------|--|
| ½ cup olive oil               | 2 Kirby or Persian cucumbers, quartered lengthwise |
| ¼ cup red wine vinegar        | 1 to 2 small Japanese eggplants                    |
| 5 large garlic cloves, minced | Artisan bread                                      |
| 5 anchovies, minced           | Fresh basil leaves, for garnish                    |
| Salt and pepper               |  |

Cut the Japanese eggplants into wedges lengthwise about 4-inches long.

In a small bowl, whisk together olive oil, vinegar, garlic and anchovies. In another in a baking dish toss cucumbers and eggplant together with 3 tablespoons of the dressing.

Grill until tender either on a grill pan on the stove or on a barbecue grill until tender. Return the vegetables to the baking dish and drizzle remainder of the dressing over the top. Garnish with basil leaves. Serve with Artisan bread. *Serves 4 to 6*



Russian Proverb: "eternity makes room for a salty cucumber."

## Cucumber Gazpacho

1 English cucumber, peeled and cut into small cubes    ¼ cup water  
1 cup green grapes, cut in halves    Salt  
⅛ cup olive oil    Chilled cooked shrimp, *optional*  
1 large garlic clove, minced    Sliced almonds  
1 teaspoon white wine vinegar

Place all ingredients - except shrimp and almonds - into a blender. Pulse several times so the cucumbers and grapes are finely chopped. Season with salt to taste. Chill for an hour before serving. Divide gazpacho into 4 small bowls. Garnish with 2 shrimp and a few sliced almonds. *Serves 4*

## Talipia with Cucumber Sauce

1 English cucumber, halved lengthwise and into ¼-inch slices  
1 teaspoon dried dill weed or 2 teaspoons fresh chopped dill weed  
½ cup green onions, cut into ¼-inch slices    1¼ pounds talipia filets, about 4 filets\*  
¼ cup celery, thinly sliced    2 teaspoons cornstarch  
½ cup fresh parsley, coarsely chopped, divided    ½ cup whipping cream  
½ cup chicken broth    ½ teaspoon prepared horseradish

In a large skillet with a lid, layer the cucumbers, green onions, celery, parsley and dill; pour broth over the vegetables. Top with the fillets; bring to a boil. Cover and reduce heat; simmer for 8 to 10 minutes until fish flakes easily.

Transfer fish to a serving platter and keep warm; reserving the cucumber mixture in the skillet. Combine the cornstarch, cream and horseradish until smooth. Stir into the skillet. Simmer for 3 minutes or until slightly thickened. Pour over fish; serve immediately. *Make 4 servings*

\*May use sole, flounder or cod. Adjust cooking time according to the thickness of the fish.

## Mint Julep Cucumber Salad

½ cup white wine vinegar    Kosher salt  
⅓ cup granulated sugar    2 Kirby cucumbers, cut lengthwise and thinly sliced  
¼ cup honey    ½ medium onion, thinly sliced  
1½ tablespoons bourbon    3 sprigs of mint, leaves coarsely chopped

Combine vinegar, sugar, honey, bourbon and 1 teaspoon salt in a saucepan over medium heat. Bring to a simmer, stirring to dissolve the sugar. Set aside to cool.

Combine the cucumbers and onions in a bowl. Pour cooled vinegar mixture over the top and let marinate in the refrigerator until icy cold, 2 to 3 hours. When ready to serve, add the chopped mint and toss. *Serves 4*

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